OILSANDS CREATING LAKES OF WASTE, PG7

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Beyoncé at GM Place, March 31

CONCERT Beyoncé is coming to Vancouver, Live Nation announced yesterday.

The 10-time Grammy winner, whose 17 Top 10 hits include Crazy In Love and Irreplaceable, is performing at GM Place on March 31 in support of her new album, I Am.

LUCY NICHOLSON/REUTERS

She's also expected to sing hits from her multi-platinum album, B'Day.

Tickets for the show go on sale this Saturday through Ticketmaster and range from $69 to $125.

METRO VANCOUVER

Riding the Recession

Looking for ways to save money and ride out the economic storm? For the next six weeks, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Style

- **Beauty tips on how you can save money while still looking like a million bucks, pg 14**

Entertainment

- **Designer Donna Karan offers her recession mantra, pg 16**

This week

- **Food — Local meals for a steal**
- **Style — Looking on the bright side of fashion during New York Fashion Week**

Woman dead, 4-yr-old unhurt in car shooting

JEFF HODSON/METRO VANCOUVER

Homicide investigators examine an off-white Cadillac coupe yesterday after its driver, an unknown woman, was shot and killed as she drove through the intersection of 148th Street and 96th Avenue in Surrey. A child in the car survived.

JEFF HODSON
jeff.hodson@metronews.ca

A four-year-old boy was taken to hospital apparently uninjured after surviving a gang-style shooting in a suburban Surrey neighbourhood yesterday that left a woman dead.

The murdered woman was driving an off-white Cadillac coupe southbound through the intersection of 148th Street and 96 Avenue at 10:30 a.m. when she was shot and killed.

Cpl. Dale Carr, a spokesman for the Integrated Homicide Investigation Team, called the attack "horrific" and "beyond comprehension."

"We don't know whether the shots came from another vehicle or if it was someone laying in wait, or what," Carr said.

The vehicle continued south on 148th Street about a half block listing to the left and came to a rest in a driveway, against a cedar hedge. At noon yesterday, a yellow tarp was draped over the vehicle's windows.

Second incident

- An innocent man was shot in the shoulder yesterday as he drove an acquaintance who police say has gang connections. **STORY, PAGE 3.**

Investigators, he said, did not know the identity of the woman, nor her relationship to the boy.

"First and foremost is the care of the child," Carr said. "We're going to take him to the hospital and make sure we're not overlooking something, confirm that the child did not take any physical injuries."

Trina Umali, 22, who lives in a house near where the car came to a rest, was at school when she got a call from her parents.

"My mom and dad are inside the house and they heard like somebody got shot and they noticed that there was a bunch of police cars coming over."

ShareYourViews
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VANCOUVER 2010 Games

Schools to stay open during Olympics

KRISTEN THOMPSON
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DECISION Vancouver schools will stay open during the 2010 Winter Games, the school board decided last night.

The Vancouver School Board debated four options — to close high schools, to close schools that will be "significantly impacted" by the Games, moving spring break from March to February, or maintaining the status quo.

Mike Lombardi, chairperson of the board, said trustees consulted teachers, parents and students, and researched how school districts in other Olympic cities handled the school calendar during the two-week event.

"The Games are going to come once … but we feel schools should remain open," Lombardi said.

"I'm sure lots of teachers will bring the Olympics into the classroom and for parents (who want to go to events), they'll pull their kids out of class."

School trustee Jane Bouey said there's no educational value in closing the schools.

"Nothing else is closing (during the Games)," she said. "Why would we ever consider closing down such a vital part of our community?"

Only Ken Denike opposed the motion, arguing that closing high schools would help ease some of the anticipated transportation and security issues.

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Games mascots in P.E.I. today
Vancouver 2010 mascots Quatchi, Sumi and Miga are visiting P.E.I. today for an Olympics-related announcement. They're also meeting with junior curlers at the Charlottetown Curling Club. **METRO VANCOUVER**

Local

Home sales slow

Residential sales declined 57 per cent in British Columbia in January compared to the same month last year, the B.C. Real Estate Association announced yesterday. The average price of a home listed on MLS was also down nine per cent to $412,934.
METRO VANCOUVER

News in brief

DELAY The perjury trial of the only man ever convicted in the Air India bombing has been delayed again, cknw.com reports. Inderjit Singh Reyat was supposed to go to trial in May, but the case has been moved to October. Reyat's previous publicity is affecting juror selection.
CHARGED An 18-year-old Vancouver man has been charged after police found about $400,000 worth of drugs in his possession, Vancouver police announced yesterday. Rolando Osias Oriente was arrested at the Station Street Greyhound Bus Depot. **METRO NEWS SERVCES**

metronews.ca
WHAT'S ONLINE TODAY

Video New Brunswick crash kills RCMP officer and his two young children at **metronews.ca/canada**
Immigration Guidy Mamann on the complications of sponsoring a foreign fiancée at **metronews.ca/live**

'Cut-and-paste' throne speech

Liberal outline for province criticized for lack of innovation

JEFF HODSON
jeff.hodson@metronews.ca

B.C. hopes to create jobs and stimulate consumer confidence amid a global recession.

"We must brace for a period of recession," said Lt.-Gov. Steven Point, as he read the speech from the throne to the Legislative Assembly in Victoria yesterday.

"Our government will do all it can to protect the economic gains families have made in the last eight years and to secure advanced economic prospects for them in the years ahead."

New Democrat Leader Carole James said the speech was a mishmash of past throne speeches, a "cut-and-paste job of other promises and other failures."

In the speech, Point reiterated much of the premier's televised economic statement from October, including reducing personal and business taxes and creating a B.C. pension plan by July 1, 2010.

The minimum hourly wage, however, will not be raised above $8 because it would "mean more job losses, depress job creation and hurt those it purports to help," Point read.

Promises included:

- The creation of a new law school at Thompson Rivers University in Kamloops that would be offered in collaboration with the University of Calgary.
- Developing a Recognition and Reconciliation Act with First Nations to recognize aboriginal rights and title and facilitate partnerships.
- Expanding the Trade Investment and Labour Mobility Agreement to all Canadians wanting to work in B.C.

James said the speech makes it clear the B.C. Liberals "have run out of ideas" and was shocked that no mention of public safety was made on a day that saw a pair of shootings in Surrey.

TOM FLETCHER/BLACK PRESS/FOR METRO VANCOUVER

Finance Minister Colin Hansen donates 100 pairs of children's athletic shoes to Salvation Army Major Brian Venables at his B.C. legislature office yesterday.

Budget shoes

- Finance Minister Colin Hansen will unveil the provincial budget today in Victoria.
- Hansen unveiled his budget shoes — an annual budget tradition — yesterday by purchasing 100 pairs of new sneakers to donate to the Salvation Army.

Shooting victim innocent: Police

SURREY A man was taken to hospital yesterday morning after he was shot once in the left shoulder while driving in Surrey.

Sgt. Roger Morrow, a spokesman for Surrey RCMP, said the driver was an innocent victim and the likely target was a man sitting behind him, who is known to police and is involved in the Lower Mainland's gang and drug culture.

The shooting occurred shortly after midnight when the Range Rover he was driving stopped at a red light at 104th Avenue and East Whalley Ring Road.

An SUV approached and shots were fired, injuring the driver, but no one else. The Range Rover fled east into Langley where an ambulance was called.

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Chosen assistant leaders of Team Canada expected to be named today

Canada's assistant chefs de mission for the 2010 Olympic Winter Games are expected to be announced today. The two assistant chefs de mission will join Nathalie Lambert — chef de mission and three-time Olympic medallist in short-track speedskating — in leading Team Canada next year. METRO VANCOUVER

Even the fish eat Ocean Wise

KRISTEN THOMPSON
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The Vancouver Aquarium is so committed to serving sustainable seafood even its fish eat the highest-quality sashimi-grade spot prawns money can buy.

Yesterday, visitors were treated to the same calibre of cuisine enjoyed by the fish as the aquarium celebrated the fourth anniversary of its Ocean Wise program.

The conservation program, which partners with local restaurants and markets to serve environmentally friendly seafood choices, is on the cusp of becoming a national initiative, said Mike McDermid, Ocean Wise program manager.

"2008 was our biggest year ever, with 73 new partner businesses (joining us), some from outside B.C.," he said.

"We should have an official (national) program launch in Toronto in the spring."

McDermid said one of the most influential new partners is the Compass Group, which has brought the program to 1,700 locations across Canada, including hospitals, college and university campuses, and cultural venues, like the Toronto Zoo.

"The first change (the company) made was to remove unsustainably caught Atlantic cod, which accounted for a quarter of a million pounds (of fish), which is pretty phenomenal," said McDermid.

"It's becoming more and more our responsibility to be conscious of where our food is coming from and chefs … want to feel good about what they feed people. (This program) is just a matter of giving them the tools and support (to do that)."

KRISTEN THOMPSON/METRO VANCOUVER

Charlie Chin, sous-chef at The Refinery, serves sustainably caught salmon to hungry visitors at the Vancouver Aquarium yesterday.

Responsible eats

- Launched in Vancouver in 2005, the Ocean Wise program has 175 members at more than 2,000 locations across Canada, including restaurants, markets, culinary schools and sports venues.

ICBC's Top 5 frauds of '08

A bribe, an allegedly stolen motorcycle and a staged accident ring are among the Insurance Corporation of British Columbia's (ICBC) Top 5 frauds of 2008. ICBC also announced yesterday that fraud exaggeration cost each of its 3.1 million customers an estimated $100 to $150 a year.

Last year's top scams:

1 In September 2008 a court awarded ICBC more than $369,000 after 22 people worked together to set up 12 intentional crashes dating back to 1995.

2 A Vancouver woman who failed her written and driving test three times each put two $100 bills on her driver instructor's seat, claiming it was a "tip," not a bribe.

3 An Abbotsford man reported his motorcycle stolen but investigators discovered that the motorcycle had actually been abandoned weeks before the alleged theft.

4 A man claimed he was unable to work or drive due to injuries he received during an accident, but a surveillance tape not only showed that he was working and driving but also lifting heavy boxes and equipment.

5 A young man from Kelowna admitted that he crashed his grandmother's car after first claiming it was a hit-and-run.

TARYN MCELHERAN
/FOR METRO VANCOUVER

News in brief

BRAIDWOOD Robert Dziekanski had a pulse as he lay motionless and handcuffed on the floor at Vancouver Airport after being Tasered by RCMP officers, news1130.com reports. Trevor Enchelmaier, a YVR security supervisor, told the Braidwood Inquiry he checked Dziekanski's pulse three times before firefighters arrived and said he felt a pulse each time.

BORDER A 31-year-old Scotland resident has been charged after Canada Border Services officers found almost nine kilograms of cocaine in a package addressed to him. Ramandeep Johal was arrested in Renfrewshire by local police. METRO NEWS SERVICES

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Crash claims RCMP officer, children

An accident Sunday night on Highway 7 between Saint John and Fredericton, N.B., claimed the lives of an off-duty RCMP officer and his young son and daughter. The RCMP have identified the victims as Const. Jason Porter, a 31-year-old member of the RCMP, his daughter Hannah, 5, and son Jack, 2. **CBC NEWS ONLINE**

Canada/World

Ottawa **Seeking more foster parents**

TIM WIECLAWSKI / METRO CANADA

Linda Cherry traces a snow angel around her foster daughter Jessica Cunliffe, 19, on Parliament Hill yesterday at the second annual Foster a Snow Angel event. Dozens of foster families and their children from across eastern Ontario attended the event, which is held to draw attention to a need for more foster families to care for children.

‘War on terror’ has eroded human rights, experts tell UN

Washington’s “war on terror” after the Sept. 11 attacks has eroded human rights worldwide, creating lingering cynicism that the United Nations must now combat, international law experts said yesterday.

Mary Robinson said the United States caused harm with some of the ways it responded.

“Seven years after 9-11 it is time to take stock and repeal abusive laws and policies,” the former Irish president and former UN human rights commissioner said, warning that harsh U.S. detentions and interrogations in the Middle East sent a dangerous signal to other countries that could easily follow suit.

While U.S. President Barack Obama has announced he will close Guantanamo, Robinson said sweeping changes needed to take place to ensure Washington abandons its “war paradigm.”

Arthur Chaskalson, former chief justice of South Africa, said such practices could further restrict liberties if they are not confronted head-on. “If nothing happens, we will have even less,” he said. **REUTERS**

The Report

- An International Commission of Jurists report found many undemocratic states have referred to U.S. counterterrorism practices to justify their own abuses.
- It recommends more abuse monitoring and assistance to countries to target rights violators.

Athens **Face in the crowd**

YIORGOS KARAHALIS/REUTERS

Body-painted performers stand in formation to depict the face of U.S. President Barack Obama during The Fall of Athens performance by Swiss artist Dave at Filopapou Hill in Athens yesterday. The ceremony was part of the Art Marathon, which will be travelling around the globe until December 2050.

Brit, French nuclear subs collided

COLLISION Two nuclear-armed submarines from Britain and France collided in the Atlantic Ocean earlier this month, but there were no injuries or radioactive leaks, naval officials said yesterday.

Analysts said a major disaster could have resulted had the underwater collision ruptured the hulls, set off conventional ammunition or started a fire, although the chances of a full nuclear explosion were virtually nil.

The British navy maintained there was no damage to both vessels’ weapons, but media reported both subs had to return to base for repairs. Both navies had no explanation for how the crash happened.

The Campaign for Nuclear Disarmament said it was the most severe incident involving a nuclear submarine since the sinking of the Russian Kursk submarine in 2000. **REUTERS**

Afghan mission pushing army to limit: General

Canada’s army is being pushed to the limit by the strains of keeping a 2,700-strong military mission in Afghanistan and the force will need at least a year to recover once the troops return on schedule in 2011, a top army commander said yesterday.

Lt.-Gen. Andrew Leslie also told Reuters that he had heard nothing either officially or unofficially to substantiate media rumours that some of the troops would stay in Afghanistan after 2011.

Canada has a regular army of just 22,000 soldiers with a similar-sized force of reserves, half of whom serve part-time. Leslie said men and equipment in Afghanistan were wearing out fast and likened his job to juggling a chain saw.

> **“Just about every soldier in the army ... is intimately involved in the Afghan mission.”**
> Lt.-Gen. Andrew Leslie

“We are at the limit ... we are now sending senior non-commissioned officers and officers back for their fourth tour,” he said during an interview at defence headquarters.

Leslie said that once the troops had returned, it would take between 12 and 16 months to restore the army’s full fighting capability.

Canada’s soldiers are based in the southern city of Kandahar, capital of a region that is the heartland of the Taliban. There are clashes with militants every day and so far 108 Canadian soldiers have died.

The mission comprises 2,500 soldiers with around 200 personnel helping maintain a fleet of helicopters.

Leslie said the demands on the army were far greater than just the 2,500 troops in Afghanistan. The cycle of rotation meant that for every group in Kandahar, there were 2,500 troops who had just left, 2,500 who were waiting to deploy and 5,000 in various stages of training.

“Just about every soldier in the army in one way, shape or form is intimately involved in the Afghan mission,” he said. **REUTERS**

Pakistan agrees to restore Islamic law in Taliban area

SWAT Pakistan agreed yesterday to restore strict Islamist law in the Swat valley to pacify a revolt by Taliban militants, and a suspected U.S. drone fired missiles in the region killing at least 26 people.

The decision on Islamic law is likely to draw criticism from Western powers fearful that Pakistan is playing into the hands of religious conservatives who sympathize with the Taliban and al-Qaida.

An uprising erupted in late 2007 in Swat, and militants now control the valley just 130 km northwest of the capital Islamabad.

Religious conservatives in Swat have long fought for Sharia to replace Pakistan’s secular laws, which came into force in 1969.

The move came as a suspected U.S. drone fired missiles at a building used by Taliban militants in the Kurram tribal region killing at least 26 people, witnesses and officials said. **REUTERS**

News in brief

MANITOBA A series of poems penned by Métis leader Louis Riel while he awaited execution for treason were unveiled by the Manitoba Métis Federation in Winnipeg yesterday. Riel gave the poems to his jail guard, who had provided him with the two notebooks, shortly before he was hanged in Regina for his part in the 1885 Northwest Rebellion. **METRO NEWS SERVICES**

Lawyers billed Ontario $850/hour

CIVIL CASE Outside lawyers billed the Ontario government and taxpayers up to $850 an hour for work in the province’s long-running civil case concerning corruption allegations at its real estate arm, court filings reveal.

Top lawyers at Weir-Foulds charged between $250 and $850 an hour in ringing up a bill of more than $52,000 on a single motion during 2007, according to the firm’s own submissions.

The submissions disclosed almost 115 hours in preparation and attendance on what one judge called a “straightforward” motion. **TORSTAR NEWS SERVICE**

News in brief

GERMANY Two masked boys, ages 12 and 13, pretending to be elite military soldiers triggered a police operation after residents reported the “dodgy-looking figures.”

RUSSIA The economic crisis has sparked a wave of violent crime in Moscow, the chief prosecutor said, as murders and fatal assaults rose. **REUTERS**

Comment & Views

Comment

All hell won't break loose when Obama arrives

NationalReport

One of the more saucy stories from the annals of foreign leaders visiting Canada came back in the Diefenbaker era when the notorious Congo leader Patrice Lamumba made an Ottawa stopover.

Back then Canada had a highly religious and somewhat naive external affairs minister in Howard Green. Lamumba had a meeting with him and asked at the close of it if Green could arrange for a girl to be sent over to his Chateau Laurier suite.

Not aware of Lamumba's reputation as a fornicator of some renown, Green thought he meant a stenographer. Yes, of course, he could do that, he replied. The next day an unsuspecting typist was sent over to the Chateau. She entered the Congo leader's room — and all hell broke loose.

The late Dean Rusk, secretary of state in the Kennedy administration, told me that story. He was trying to illustrate Canadians were sometimes innocents on the world stage. As an architect of the Vietnam war, he might have known all about the pitfalls of being naive. So might the most recent Bush administration.

Vietnam and Iraq were two wars which made relations between presidents and prime ministers difficult at best. U.S. President Barack Obama's visit here Thursday provides an opportunity to set aside differences and re-establish harmony between the two countries.

Canadians at this point see eye to eye with the new American president more so than with their own leader, Stephen Harper. The Conservative PM will be sure to bear this in mind. He has just had to bring in a liberal budget. Now he's going to have to all but fall at the feet of a liberal president. To do otherwise would hardly benefit his public standing.

That means you won't see any big disagreements between the U.S. president and the prime minister Thursday in what will be a short, businesslike meeting. On the economy, on energy, on the environment and on Afghanistan, there is plenty of room for discord. In terms of the chemistry between the two men, all is not the most promising either. One is dour and conservative. The other is eloquent and liberal.

But the times and circumstance require they find common ground. And so they will — at least for the time being. More awkward moments for the prime minister will be certain to come. One will be when liberal soulmate Michael Ignatieff, who has close contacts in the Obama camp, travels to Washington later this year for a lengthy and most friendly get-together.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

Views

Ducks just tip of toxic tailings iceberg

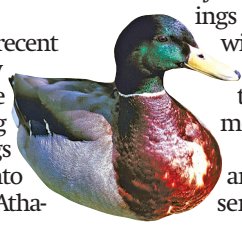
Simon Dyer
Pembina Institute

The recent decision by the governments of Canada and Alberta to charge Syncrude for the death of 500 waterfowl on a tailings pond confirms the seriousness of the environmental challenges facing the oilsands.

Sadly, the ducks are just one of a litany of growing environmental problems. In many ways, the heated debate about the magnitude of potential fines faced by Syncrude and ways to stop birds from landing in toxic waste is clouding a much more important issue — the absence of solutions to deal with the tailings ponds themselves.

Tailings ponds include leftover bitumen, diluents such as naphtha, and toxins including naphthenic acids, phenolic compounds and ammonia. The oilsands industry produces tailings at a staggering rate. Between the time you read this and Syncrude's court date March 25, oilsands companies will have produced another 2,952 Olympic-sized swimming pools of liquid waste. This means everyday another 82 Olympic pools of toxic tailings are created.

More alarmingly, a recent report using industry data calculated more than four swimming pools of toxic tailings leak from the ponds into groundwater and the Athabasca River every day. Government cannot or will not release actual seepage data.

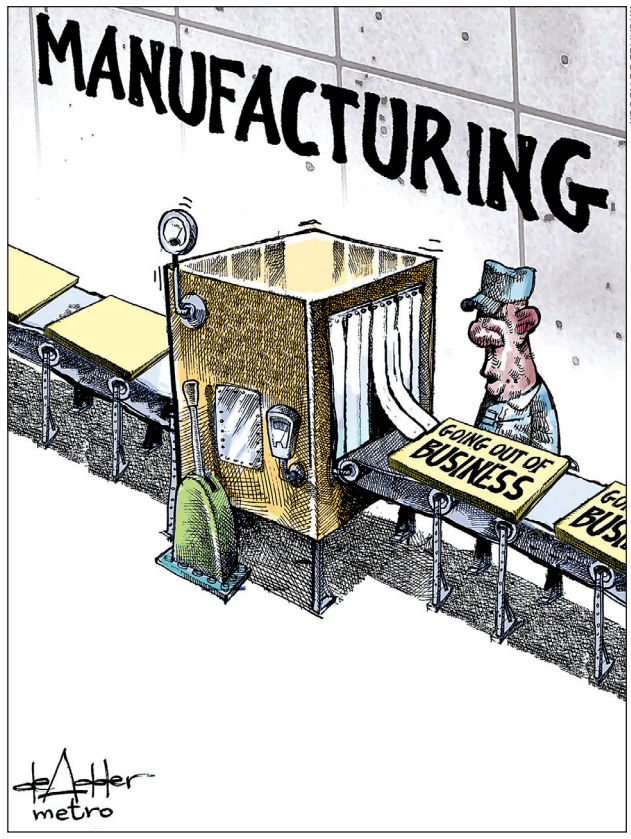


Tailings lakes already cover 130 square kilometres of northern Alberta, an area larger than the city of Vancouver. These should not have been allowed to expand before industry demonstrated it could clean up the mess.

Last week, the Alberta Energy Resources and Conservation Board released a directive that acknowledged operators have failed to properly reclaim 40 years of toxic tailings waste. Time will tell if the days of voluntary management are over. If Canada and Alberta are serious about dealing with this toxic liability, we need to prohibit the creation of new tailings ponds and halt new project approvals until companies with existing oilsands projects can demonstrate ways to extract bitumen without this harmful byproduct.

Government must decide if charging Syncrude is about creating the illusion of action for the benefit of U.S. President Barack Obama, or if they really want to reform the way oilsands are developed. Shedding the dead ducks image and dirty oil tag will require serious changes, not just Band-Aid remedies.

Simon Dyer is Oil Sands Program Director with the Pembina Institute in Calgary. The Institute's reports on the impacts of oilsands are available at oilsandswatch.org



MICHAEL DE ADDER

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Canadians sell foreign securities for fourth straight month

Canadian investors sold $6.4 billion of foreign securities in December, the fourth month in a row that they have repatriated funds, Statistics Canada said yesterday. Canadian divestment of foreign equities and bonds picked up sharply in the fourth quarter of 2008 as the global crisis worsened. **REUTERS**

Business

Russia's richest man

Russia's most eligible bachelor, outspoken and controversial billionaire Mikhail Prokhorov, is now the country's richest man with a $14.1-billion US fortune, the latest rich list from popular business magazine Finans showed.

REUTERS

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Business in brief

AUTO TALKS Chrysler LLC and the United Auto Workers have made progress in discussions aimed at cutting down debt and operating costs ahead of a deadline today for the automaker to submit a new viability plan, a person briefed on the negotiations said. **REUTERS**

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Software the focus for mobile competitors

Telecom industry leaders including Nokia, China Mobile and Microsoft raced to announce online software stores yesterday in a drive to find new sources of revenue and please consumers.

The success of Apple's AppStore, which lets iPhone users download thousands of small software programs to personalize the way they play games, listen to music or find directions, has inspired admiration and envy in many of its rivals.

As phone makers and carriers rack their brains for ways to stimulate demand and differentiate themselves in a depressed market, the value of software that is easy and inexpensive to access and quick to respond to trends has come to the fore.

The industry is also embracing open operating systems such as Google's Android and the LiMo consortium's Linux platform, which are attractive to innovative developers, at this week's Mobile World Congress, the industry's biggest gathering, in Barcelona.

REUTERS

Value

• Research firm Strategy Analytics forecasts the value of the mobile content market will grow 18 per cent to $67 billion US this year.

Canadian factory sales in steep fall

MANUFACTURING The value of Canadian manufacturing shipments plummeted a record eight per cent in December from November in yet another stark sign of how the global crisis is battering Canada.

The drop – the fifth consecutive month-on-month decrease – was far steeper than the 5.3 per cent fall predicted by analysts and was the worst since Statistics Canada adopted its current method of calculating the data in January 1992.

REUTERS

Interest rates/Savings accounts
METRO NEWS SERVICES

BMO	CIBC	HSBC	ICICI	ING	PCF	RBC	Scotia	TD
0.75%	0.2%	2.5%	2.5%	2.5%	2.55%	2.25%	2.25%	0.05%

Note: Please check bank websites as some rates require a minimum account balance.

Your Money

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Calling all Shopaholics

SmartCookies

smartcookies.com

This past weekend, women everywhere flocked to theatres to check out the highly anticipated Confessions of a Shopaholic.

If, while watching this movie, you felt like you had missed your casting call, it might be time to look at your own spending.

Now, as self-reformed shopaholics, we know that there are some things that you simply can't live without. But we think that it is all about finding a way to get the must-haves for less.

• Before hitting the malls, begin at home. Clean out your closet and give away (or donate) anything that does not make you feel your absolute best. Better yet, get some honest girlfriends to weigh in on the decision. Next, make a list of the absolute must-haves and when you hit the mall, stick to the list. This will avoid any of those impulse purchases, which shopaholics are known for.

• Make friends with the salespeople — they will tell you when the steals and deals are happening, and sometimes even offer you the discount before the actual sale. Also, check to see if the same stores have a VIP emailing list. If it's an item you must-have, you might as well get it on sale.

• Put your money into long lasting pieces like coats, shoes and handbags. Items like basic T's and skinny jeans can be purchased on the cheap. Ask yourself how much use you will really get from an item, and invest in the things that will last the longest.

Don't buy anything that you don't completely love.

• Instead of shopping at the mall for your beauty products, check out the drugstore. Some of the most popular products can be found at your local drugstore for a lot less — from Maybelline's Great Lash to Oil of Olay's Regenerist, you can literally save hundreds of dollars a year, just by making this simple change.

• Don't buy anything that you don't completely love. Many of us fall into the trap of buying something with the intention of returning it in a few days if we change our mind. Let's be honest, how often does that item ever really get returned? Instead, walk away and think about it. If you are still daydreaming about that dress in a week, you can reassess.

• Lastly, find a friend or family member who wants to be your "in case of (a spending) emergency" buddy. During those moments of weakness when you are tempted to spend on something you know you shouldn't, call your friend and they will remind you of what you'd rather have that money for.

For more money saving tips, tune into season two of the Smart Cookies on the W Network, Monday nights at 10:30 p.m. PST/EST.

If you have comments or questions, email us at smartcookies@metronews.ca.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

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When to report home losses

MoneyMatters

Henry Choo Chong

choochonghcga@yahoo.ca

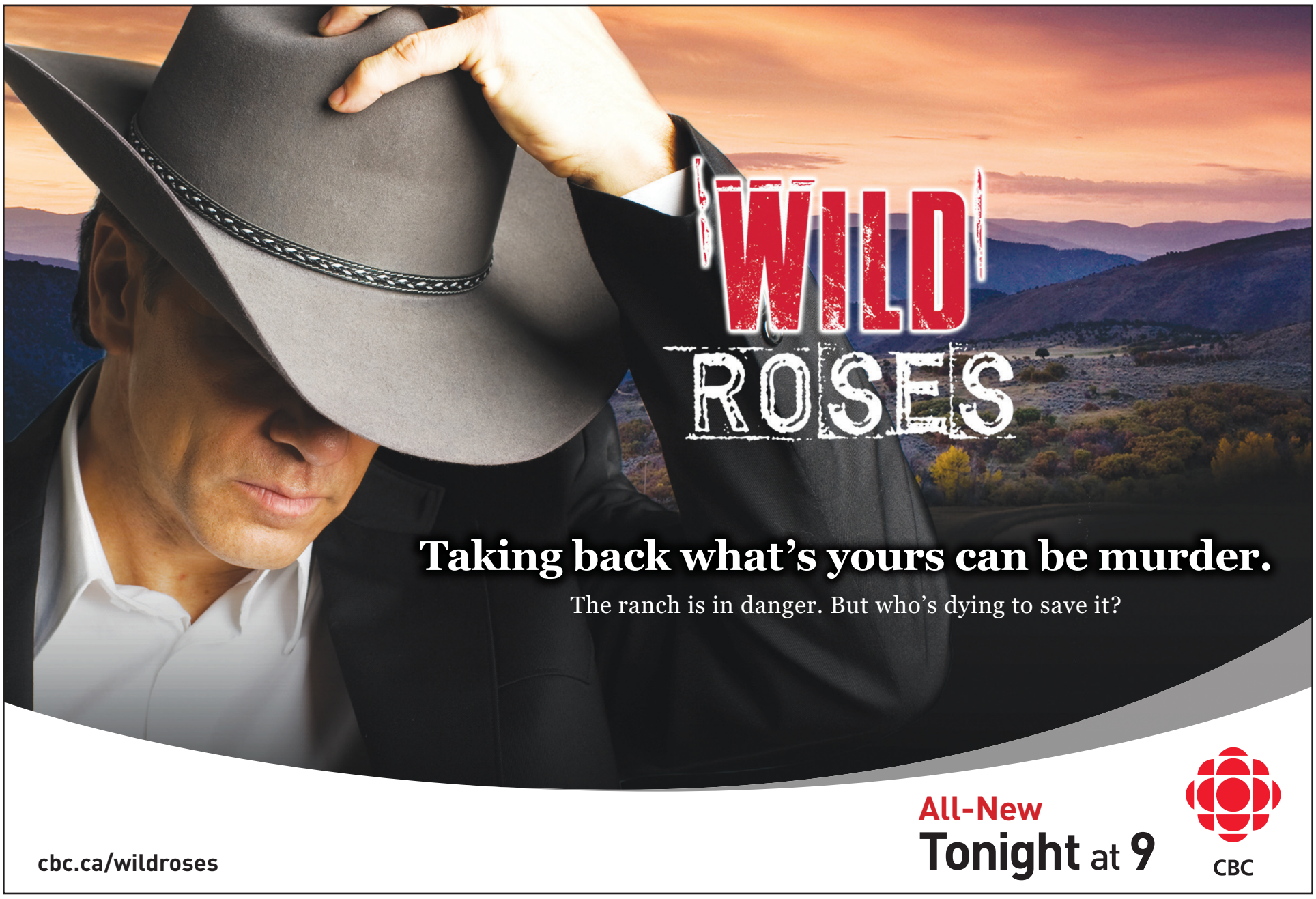
Q Last June, my wife and I closed on a new home purchased in October 2006 for investment purposes. Although our tenant pays all utilities, we have a cash shortfall every month for which we must pay ourselves. Should this purchase transaction have been reported in 2006? How much and where on our tax return do we account for the closing cost, new air conditioner, paint, etc.?

— Dan and Ashley

A Even with the current economic climate and recent reports that indicate an 11 per cent price decline in Canadian real estate, your investment maybe worth greater than the original 2006 purchase price. Real estate is a long-term investment and not to be sold for a quick buck.

In 2006, you had no filing requirements. However, maintain records and copies of the original purchase and sale agreement and all closing costs. These documents will be required to determine your capital gain/loss in the year of sale. Real estate rents are reported on form T776 Statement of Real Estate Rental. The form is detailed; it includes the rents that must be reported and deductible expenses. Closing cost, a new air conditioner and the like are reported on a separate schedule.

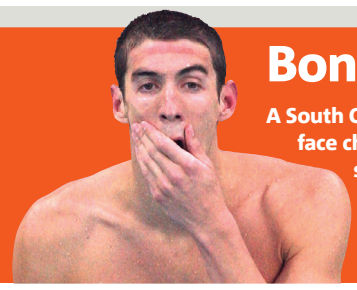
Reach Henry Choo Chong, CGA, at choochonghcga@yahoo.ca.



Big Papi believes in big suspensions

Boston Red Sox slugger David Ortiz says players who test positive for steroids should be suspended from baseball for the entire season. The designated hitter says the way to clean up the game is through testing, and not by taking players to court. METRO NEWS SERVICES

Sports



Bong-gate comes to a close

A South Carolina sheriff said yesterday swimmer Michael Phelps, left, will not face charges after a photo of the 14-time U.S. gold medallist showed him smoking from a marijuana pipe. Sheriff Leon Lott said that he didn't have enough physical evidence to charge the swimmer, but defended his investigation. Phelps released a statement saying he was glad the matter has been put to rest. METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Tonight

VS

6 p.m.
Sportsnet/TEAM 1040

With nine points separating the Northwest rivals, the Canucks need to sweep the final two meetings with the Flames if they have any shot at a division title. Calgary has picked up five of six points in the past week and boasts a dominant 20-7-3 record on home ice. Vancouver skates into town with five wins in six, outscoring the opposition 26-17.

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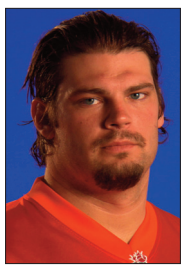
Lions lose Murphy

The B.C. Lions lost a major cog on their offensive line yesterday as free agent tackle Rob Murphy signed with the Toronto Argonauts.

The six-foot-five, 310-pound Murphy was considered the top lineman in free agency and one of the best players available overall. The former Ohio State Buckeye is not only a big, tough player, but also has a nasty disposition on the field.



Rob Murphy

Murphy will fill a void for a Toronto offensive line that finished second-last in sacks allowed (48) and yards rushing (93.3 yards per game) and last in total yards (347.3 per game). Toronto and Hamilton were the two teams expected to go heavily after Murphy in free agency.

The Lions also announced yesterday that free agent all-star linebacker Anton McKenzie has agreed to terms on a contract.

"Anton is a very good player who brings a wealth of talent to our defence and special teams," said Lions GM and head coach Wally Buono. "I believe he will make an immediate impact." McKenzie will enter his fourth season in the CFL after originally being signed by the Saskatchewan Roughriders in 2006. The newest member of the Lions has appeared in 30 regular season games, recording 68 tackles, one sack and two interceptions.

METRO NEWS SERVICES

NHL Oilers win in the desert

RICK SCUTER/REUTERS

Edmonton Oiler Theo Peckham battles for the puck with Phoenix Coyote Todd Fedoruk last night. The Oilers won 3-1.

Habs bring back Schneider to fold

NHL The Atlanta Thrashers sent defenceman Mathieu Schneider to the Montreal Canadiens yesterday for draft picks. Atlanta received a second-round pick in the 2009 draft and a third-round selection in the 2010 draft from Montreal. Atlanta also sent a conditional pick in 2009 to the Habs. Schneider, 39, has four goals and 11 assists in 44 games this season. He began his career with Montreal and played on the Canadiens' last Stanley Cup team in 1993. METRO NEWS SERVICES

Sports in brief

GOLF Yesterday's final round of the AT&T Pebble Beach National Pro-Am was cancelled due to rain and Dustin Johnson earned the victory without hitting a shot in the last two days. Canadian Mike Weir finished second. METRO NEWS SERVICES

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Investing advice
No one likes to think their marriage will end in divorce, but some do not last. However, this prospect should not prevent you and your spouse from planning for retirement together and taking full advantage of tax-saving opportunities, such as the spousal RRSP. NEWS CANADA

RRSP Guide

Save tax as a couple

Ultimately, the goal of a spousal RRSP is to balance the couple's individual annual income in retirement, keeping both in the lowest tax bracket possible. When a withdrawal from the spousal RRSP occurs either before or during retirement, the lower-income spouse will be taxed rather than the contributor. NEWS CANADA

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Diversification is key

Small business owners need investment plan: Experts

ROBYN YOUNG
for Metro Canada

It's crucial small business owners don't put all their eggs in one basket when planning for retirement, says certified financial planner Tina Tehranchian.

"The problem is ... a business, no matter how good it looks today, could be floundering in the future," said Tehranchian who works for Assante Capital Management and is a member of Advocis.

That's why it's dangerous to rely solely on the business as a retirement savings plan, she said.

Diversification is key.

Farah Perelmuter, who co-owns Speakers' Spotlight with her husband, Martin Perelmuter, said the couple built their motivational speakers' business slowly, safely and in a way they could afford.

They've also planned for retirement, maximizing their RRSPs in hopes they won't have to rely on their business for income upon retirement.

"Hopefully it will just keep growing and we will let our kids one day decide what to do with it," she said.

Shifts in the market, economic conditions and changes in the industry can all negatively affect the growth of a business.

Tehranchian says investing in different asset classes, such as real estate, stocks, RRSPs and even guaranteed instruments like bonds or GICs, is the best way to go.

> **"Hopefully (our savings) will just keep growing and we will let our kids one day decide what to do with it."**
> Farah Perelmuter

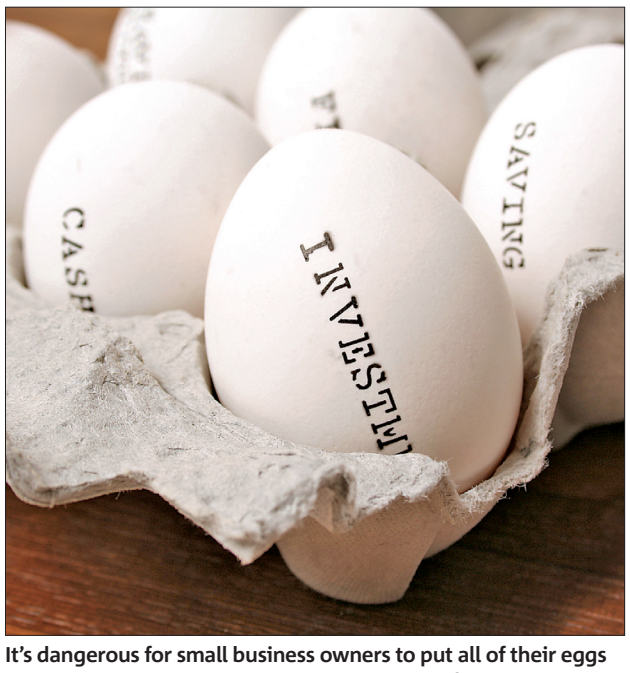
Succession planning can also be an issue for business owners relying on their company as a retirement nest egg.

In a recent survey conducted by the Canadian Federation of Independent Businesses, only 10 per cent of business owners surveyed said they had a formal succession plan.

This is problematic, Tehranchian said, because the owner may want to pass the company down to their children or a key employee, but what if the successors are not capable of managing the business?

"It's a big issue," she said.

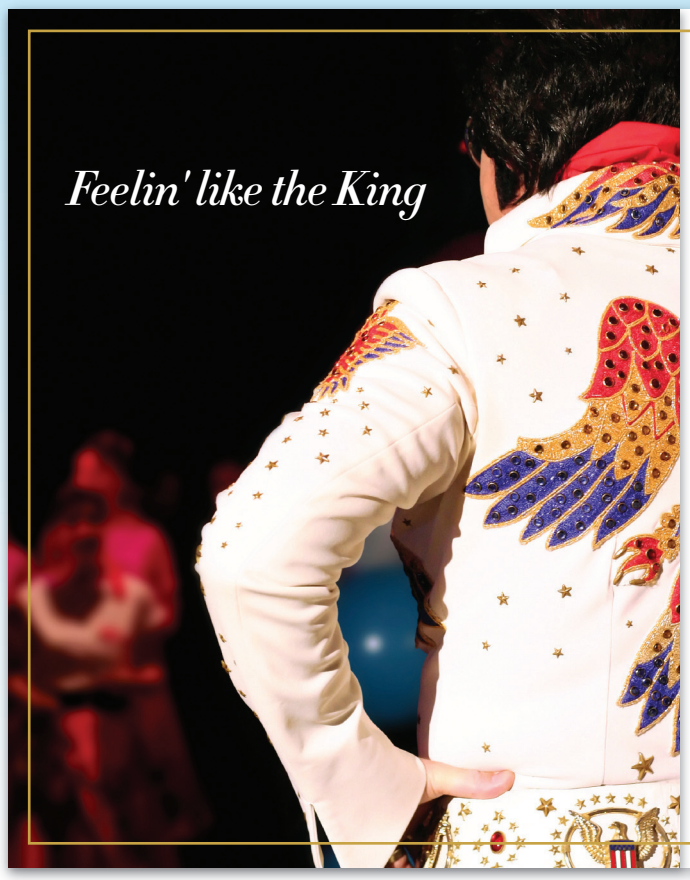
Most small business owners are baby boomers planning to retire within the next 10 years, and many are relying on the business as their main source of income, she said.



It's dangerous for small business owners to put all of their eggs in one basket by relying solely on the business for retirement savings, financial planners suggest.

"The business owner needs to talk to a certified financial planner, to their accountant, to their lawyer, and put the right plans and structures in place ... way ahead of time," she said.

AIR CANADA VACATIONS



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Investing tip
If one spouse earns a higher income than the other, they can contribute to an RRSP in their spouse's name. NEWS CANADA

Defer tax with RRSP

ERIC EMIN WOOD
for Metro Canada

"If you can't put the whole contribution in, that amount carries forward to future years, so you always have it." Winnie Go

For most Canadians, the immediate benefit of contributing to their Registered Retirement Savings Plan is obvious: The contribution is deducted from their taxable income.

RRSPs are not a vehicle for tax avoidance however, but tax deferral, says Winnie Go, senior wealth adviser and associate portfolio manager at ScotiaMcLeod, the brokerage division of Scotiabank. The government strictly controls what Canadians can do with their money.

For instance, at the end of the year you turn 71, you must convert your RRSP into a registered retirement income fund (RIF) — which you are taxed on when funds are withdrawn. "The government then requires you to take out a scheduled minimum every year," Go says.

"The spirit behind it is you're saving for retirement, so you get a deduction, and when you take the money out, you may be in a lower tax bracket," she says.

There is a contribution limit of 18 per cent of your previous year's income, before taxes, up to a maximum of $20,000 for 2008. "So if you earn $200,000, you can't set aside more than $20,000," says Go. However, "if you can't put the whole contribution in, that amount carries forward to future years, so you always have it."

If you have a pension, a "pension adjustment" based on, but not equal to, your pension is also deducted from your contribution limit.

There are two ways the government allows Canadians to withdraw from their RRSPs without being taxed: One is the homebuyer's plan, which allows for withdrawals of up to $20,000 toward the purchase of property (a recent federal budget will increase this amount to $25,000).

The second is the lifelong learning plan, which allows Canadians to withdraw $20,000 from their RRSP to help them return to school.

In both cases, borrowers must pay the withdrawals back, "a minimum amount every year over 15 years," says Go. "Otherwise, it's taxed as income."

Even if their withdrawals are not related to post-secondary education or buying a home, Canadians can still borrow money from their RRSP. Go warns against this, as it counts as income and is subject to withholding tax.

"We encourage people to save for their retirement using an RSP," she says. "There is obviously some flexibility for lifelong learning and first-time homebuyers, and you could use it for a rainy day, but it should be your last resort."

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Remove eye makeup with ease

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Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Stretching your beauty buck

Tips to extend time between your salon and spa visits

JANINE FALCON
for Metro Canada

Coined to refer to a fashionista with mad bargain-hunting skills, the term "recessionista" now includes the smart shopper who knows how to stretch her beauty buck.

Armed with clever ways to extend the time between salon/spa visits, she judiciously swaps prestige for mass, and looks as fabulous as ever without letting on she's pinching beauty pennies. The key, of course, is knowing where to spend and where to save.

For instance, for hair that looks as polished as it does when you leave the salon, you have to spend on quality tools and brushes. Happily, Toni & Guy provides a way to save with new-to-drugstores pro hairdryers and flatirons starting at just $69. To get that shiny smooth finish, you still need to hit a salon or beauty supply store for good boar-bristle brushes, which can cost around $20 or more, but for volume styling, you can pick up Goody velcro-type rollers in various sizes at $3.99 per package.

And guess what? You can save on hair care products. In the U.S., Pantene did a huge salon challenge in which 3,600 salon-brand consumers did a blind comparison of hair-type specific professional formulas versus the Pantene collections, and 68 per cent of the participants agreed that the drugstore brand was as good or better than the salon products they were using.

Riding the Recession

Be a "recessionista" and still look great with these products: Physicians Formula Organic Wear 2-in-1 Bronzer & Blush, $21.99, Goody So Finished Rollers, $3.99, Toni & Guy Hairdryer, $69.99.

Space out those $100 spa facial appointments with daily exfoliation help from Aveeno Positively Radiant Dual Textured Cleansing Pads ($11.99 for 28 pads).

While you might like to spend a bit more on your makeup, don't discount drugstore brands. Think two-in-one skincare plus makeup, such as Olay Total Effects with a Touch of Foundation ($24.99).

If you're thinking green, try earth-friendly packaged Physicians Formula Organic Wear, which contains certified organic ingredients, is free of harsh chemicals, synthetic colour, fragrance and preservatives, and ranges from $11.99 to $21.99. As for maintaining your $25 manicure, keep polish fresh with home applications of protective top coat, such as Revlon Quick Dry Top Coat ($6.50), and, advises Debbie Trigilidas at Concepts Day Spa Salon in Toronto, wear rubber gloves to do dishes and chores.

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Timberlake tops style list
In March's GQ magazine, Justin Timberlake leads the list of the 10 Most Stylish Men in America for his impact on fashion and helping launch trends like hats, three-piece suits and skinny ties. Where does the singer get his inspiration? From his step-dad, banker Paul Harless. **USMAGAZINE.COM**

Entertainment

Hayek weds
Salma Hayek has married French businessman Francois-Henri Pinault. The Oscar-nominated actress — who has a 16-month-old daughter with Pinault— reportedly tied the knot on Valentine's Day. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

The battle for Oscar's top tune

Slumdog Millionaire, Wall-E compete for best original song

BRYAN BORZYKOWSKI
for Metro Canada

Most people tune into the Academy Awards for the glitz, glamour and the best picture trophy, but for music lovers the real show is all about best original song.

This year's battle for Oscar is a little less fierce than in past years — two songs penned by Indian-born songwriter A.R. Rahman for Slumdog Millionare are up against a tune by Peter Gabriel from Wall-E — but the songs might be the most interesting to vie for the prize yet.

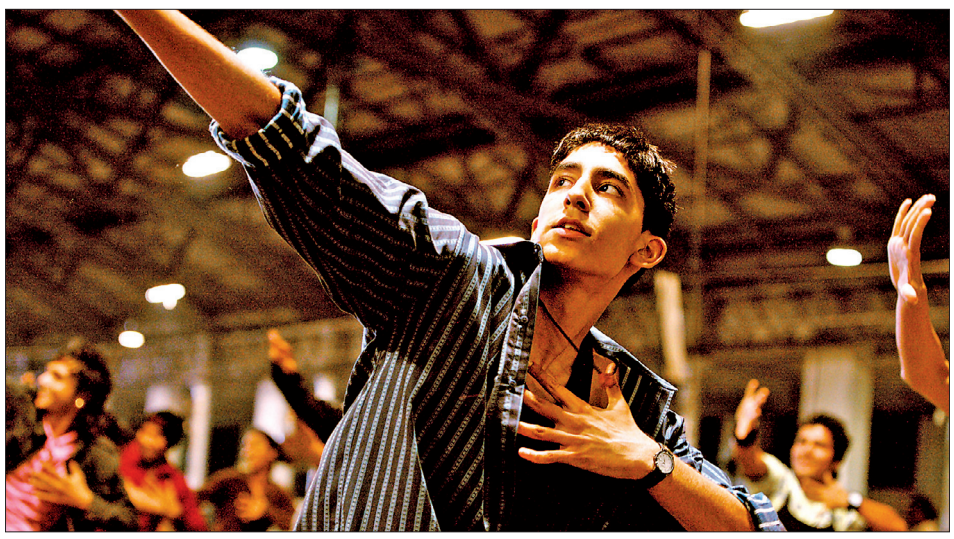
That's thanks to Rahman, whose songs O Saya, which features Sri Lankan songstress M.I.A. on vocals, and Jai Ho brilliantly fuse American-electro sounds with traditional Indian melodies, a musical combination that's never graced an Academy Award stage.

While it's a good bet one of Rahman's tunes will win, Peter Gabriel's Down To Earth — a fun, but relatively laid-back affair — has history on its side. Some of the more recent winners haven't been boisterous over-the-top tunes like Slumdog's are, but rather quiet, introspective singer-songwriter sounds.

Last year's winner Falling Slowly was a passionate duet by The Frames' Glen Hansard and Czech songstress Markéta Irglová. It was a victory for indie rock fans, but not so much for outside of the box artists.

Melissa Ethridge, Jorge Dexler, Bob Dylan and Phil Collins have all taken home a trophy too, and while the songs were award-worthy, they all fit a similar singer-songwriter mold.

If it's not guys or gals with guitars (or, in the '80s, pianos), it's ensemble musical numbers. Songs from the Little Mermaid, Fame, Mary Poppins and Dirty Dancing have all won Oscars; the most nominations and wins belongs to Sammy Cahn, a Broadway lyricist.



A pair of tunes from Slumdog Millionaire, above, and one from Wall-E are up for best original song.

Despite the fact that plenty of the music world's most acclaimed tunes have won best original song (Take My Breath Away, I Just Called to Say I Love you, Que Sera Sera have all been victorious), some of the most memorable winners have come from unlikely artists.

It's hard to forget Three Six Mafia's thrilling 2005 performance of Hustle and Flow's It's Hard Out There For a Pimp — and their even more stunning win, becoming the first African-American music group to ever take home an Oscar. And, although they didn't snag the main prize, Beyoncé's pitch perfect, '60s-style pairing with Jennifer Hudson on Dreamgirls' Listen was easily one of Oscars' most memorable duets ever.

So while Peter Gabriel could follow in the footsteps of many other big name solo artists — Paul McCartney, Bruce Springsteen, Carly Simon, Neil Young and Elton John have all been up for the award — Rahman's brilliant fusion of multi-cultural musical styles, and the fact that he's somehow not up against Springsteen's remarkable track for The Wrestler, likely means his name will be called on Sunday.

Even if one of his tunes is triumphant, though, it's doubtful we'll see an influx of cross-cultural sounds in the future. But, unlike the Grammy's, this will be one night where the best song will win.

The 81st Annual **Academy Awards**

Academy Award voting rules create uneven playing field

Will the best picture of the year be named best picture at the Oscars on Sunday?

Critics may carp, but members of the Academy of Motion Picture Arts and Sciences could also have reason to gripe that the eventual winner is not in sync with their tastes.

That's because the Academy's complex voting system favours some films over others. And in a race where two titles could easily run neck-and-neck, the voting system can change the results of the election, just as much as it does political ones.

Rick Rosas, a partner at PricewaterhouseCoopers and one of two accountants charged with tabulating the results, says there are years when just a few votes separate the winner from the losers.

"I definitely recall having to recount a couple of times for best picture."
Rick Rosas, partner, PricewaterhouseCoopers

"We have had exceedingly close (results), extremely close," he acknowledges. "This is my eighth year, and I definitely recall having to recount a couple of times for best picture."

The Academy uses two very different voting procedures to determine the nominees for best picture and the actual winner.

For best picture, since 1936 the Academy has favoured what it calls "preferential" voting, a variant on the well-established Single Transferable Vote system.

The way this works, members choose five movies that they rank in order of preference. For a movie to get nominated, it must be ranked No. 1 by a fifth of the voters.

But what frequently happens is that only two or three movies cross that threshold. In this case, the Academy takes the movie with the lowest number of No. 1 votes and reallocates those votes to the No. 2 choices on the ballots.

The process continues, eliminating from the bottom up, until five pictures have crossed the one-fifth threshold.

When members vote for the winner, however, a different system applies. At that stage it becomes a simple matter of first-past-the-post. **REUTERS**

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metro
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Slumdog adds to awards collection
The Oscar frontrunner took top honours at separate awards dinners Sunday hosted by the American Society of Cinematographers (ASC) and the American Cinema Editors (ACE). The ASC award went to Anthony Dod Mantle, while Chris Dickens won the ACE editing award. REUTERS

Back to basics

Donna Karan offers her recession mantra

KENYA HUNT
Metro World News

Donna Karan is more prepared to deal with this economic downturn than most.

"I started my company in one of them," she tells me in her Urban Zen store in New York, which makes a quiet contrast to the busy preparations for the DKNY show in her work studio next door.

Incense smoke snakes its way through the air, adding to her image as the fashion world's spiritual queen yogi. But underneath her relaxed, oversized sweater and leotard (she wears one everyday), lies a mogul with a shrewd business sense.

She began honing it early on. Her father was a custom tailor, and her mother a showroom model. "I was brought up on 7th Avenue. It's in my blood. It's in my character and nature," she adds.

Q You've weathered several economic downturns. Have you noticed a difference in how this one is affecting your approach to Donna Karan Collection and DKNY?

A I wasn't even aware of it in the process, but you'll see that the fall Donna Karan is very reflective of the collection that I did in 1985. And that will be very obvious to everyone. Meanwhile, DKNY, which just celebrated its 20th anniversary, will be more about sophistication and moving forward. We're catering to another generation.

Full circle

- "DKNY started as a sportswear brand. There are essential iconic style elements with DKNY and we're returning to those," Donna Karan explains. She breaks them down.
- A great pair of jeans
- The anorak
- A T-shirt
- A trench coat
- The boyfriend jacket
- The jumpsuit

Riding the Recession

Q For women who are scaling back on their shopping and trying to decide what to invest in, what advice would you give?

A There has to be an emotional purpose. And you have to think about what is lacking in your wardrobe. Look for things that flatter the body and make you feel good. The minute I put on one of these pieces (motioning to her sweater), it makes me feel good. It's not about the garment, it's about you. But I think that more people should remember the importance of buying in this climate. It's important because you're buying to help another human being, to save a job.

Designer Donna Karan is tailoring her fashion philosophy to the needs and demands of the recession.

Q Karl Lagerfeld and (Council of Fashion Designers of America president) Steven Kolb said in separate interviews that the good thing about the recession is that it's making the fashion industry scale back and focus on fashion again. Would you agree with this?

A Oh God yes. I think it's a paring down and I think there's an awakening. Things have been so fashion driven. Fashion seems to come and then it feels like last year's fashion. It's good to get back to an idea of seasonless dressing and allowing the consumer to have clothes with longevity to them, while at the same time giving them a reason to buy. And teaching the customer that if sales continue the way they are, there will be no industry. This is not something as frivolous as the world of fashion. It's affecting everyone the world over.

NBC show to target war crimes

TV NBC stopped producing episodes of its hit To Catch A Predator series without ever really explaining why.

Was the enormous popularity of the show finally sinking into the heads of would-be sex predators? Or perhaps it had something to do with the settlement of a $105 million lawsuit from the family of Bill Conradt, who shot himself in the head as a SWAT team and host Chris Hansen waited outside his house?

NBC now has plans to launch an even bolder version of the series — targeting war criminals — indicating that the latter theory seems less likely. Unless the network figures that targeting foreign-born individuals is less legally risky than hunting down sex predators.

The planned show is taking some criticism from government officials. The Department of Homeland Security told the New York Times "that a program of this kind could negatively impact law enforcement's ability to investigate and bring cases against the perpetrators of these horrible crimes."

Button dominates global box-office

FILM Lavished with 13 Oscar nominations, The Curious Case of Benjamin Button showed considerable strength at the foreign box office on Sunday, logging a second consecutive weekend at No. 1. The Brad Pitt drama earned an estimated $31 million from 53 markets, taking its foreign tally to $118.6 million. In North America, it has earned about $122 million, but has largely run out of steam a week before the Oscars are handed out. The film enjoyed first-place debuts in Italy ($4.6 million), South Korea ($2 million) and Taiwan ($1 million). A No. 1 Paris finish portends a French tally of $4.6 million in its second weekend. REUTERS

See complete online movie listings, trailers, reviews and purchase tickets at metronews.ca/movies

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 2/17/09	251	308	3 CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses "Love and Loss"		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News	The Insider	The Biggest Loser Contestants learn to work out creatively.				Ruby (CC)		News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	American Idol Twelve semifinalists perform. (Same-day Tape)				Law & Order: SVU		News (N)
	-	-	10 OMNI	The Daily	Frasier (CC)	Islam 101 (CC)		Poltergeist: The Legacy		Scrubs (CC)	The Search	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Bounce" (N) (CC)		90210 (CC)		Project Runway Canada		News (N)
	256	389	12 VI	Instant Star	TMZ (N) (CC)	Cold Case (CC)		Law & Order: Criminal Intent		(:01) Without a Trace (N)		News (CC)
	253	359	13 CITY	Law & Order: SVU		Privileged (CC)		Scrubs (CC)	Scrubs (CC)	Primetime: What Would		EP Daily
	-	-	14 CW	Deal-No Deal	Deal-No Deal	90210 (CC)		Privileged (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Bounce" (N) (CC)		The Mentalist "Scarlett Fever"		(:01) Without a Trace (N)		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	The Biggest Loser Contestants learn to work out creatively.				Law & Order: SVU		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	How to Look Good Naked		Style by Jury	Style by Jury	How to Look Good Naked		Maxed Out
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Homeland Security USA (N)		Scrubs (CC)	Scrubs (CC)	Primetime: What Would		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Hotel Rwanda ★★★ (2004) Don Cheadle, Sophie Okonedo.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Steves Europe	About-Money	Nova (CC) (DVS)		Frontline (N) (CC) (DVS)		Faubourg Tremé: Untold Story		About Us
	290	382	28 FOX	Two/Half Men	Two/Half Men	American Idol Twelve semifinalists perform. (Same-day Tape)				News (N) (CC)		Family Guy
	-	364	43 PBS	Edsel Show	Pioneers of Primetime (CC)		Analog TV	Tavis Smiley	Charlie Rose (N) (CC)		Nova (CC) (DVS)	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Bad Hair Days
	298	653	35 TLA	Two/Half Men	Two/Half Men	90210 (CC)		Privileged (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Odd Couple
	199	311	76 STR	News (N)	News		Late Show-Letterman		(:37) The Biggest Loser (N) (CC)			Seinfeld
news	502	390	26 NW	The Third Sex (N) (CC)		CBC News: The National (N)		CBC News: The National		The Third Sex (CC)		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	(6:30) NHL Hockey Vancouver Canucks at Calgary Flames.				Sportsnet	Canucks TV	Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	SportsCentre	That's Hockey	SportsCentre	In This Corner	Billiards 2008 Mosconi Cup.		Winter X Games (CC)		SportsCentre
	411	457	49 OLN	Dog: The Family Speaks		Survivorman (CC)		Mantracker "Josh & Kyle"		Dog: The Family Speaks		Survivorman
	410	403	54 SCR	Score Tonight		Hardcore Hockey Talk		Poker 888.com UK Open.		Final Score	Final Score	Final Score
	417	406	55 SC	Hot Import	Hot Import	Pimp My Ride	Pass Time	Low Life	Low Life	Super Bikes!	Super Bikes!	Hot Import
	416	409	144 GLF	Legends	Footballers	Gol TV News	Hallo Bundesliga		Gol TV News	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	Adrenaline	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Prank Patrol	Falcon Beach "The Next Life"		Mystery Hnt.
	555	545	50 TEL	Totally Spies	Total Drama	6TEEN	6TEEN (CC)	Futurama	American Dad	Chicken	American Dad	Moral Orel
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	56 TRE	Comfy Couch	Rolie Polie	Max & Ruby	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Gardens	Recreat. Eden	Stephen Fry in America (CC)		The Choir "Boys Don't Sing"		Dreams With Sharp Teeth (2007) Premiere.		
	575	583	20 CMT	Hope & Faith	Hope & Faith	Three Wishes (CC)		Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	24 MM	Degrassi: TNG	Instant Star	The Shift		T.I.'s Road to Redemption		Spotlight	Video on Trial	Video on Trial
	600	564	29 H&G	Colin & Justin's Home Heist		Holmes on Homes (CC)		Sarah's House	Design Inc.	Pure Design	Style	Colin-Justin
	615	520	31 A&E	Manhunters	Manhunters	The Beast "Bitsy Big-Boy"		The First 48 (CC)		The First 48 (CC)		Manhunters
	628	584	32 SPKE	DEA (N)		Real Vice	Real Vice	CSI: NY (CC)		Disorderly Conduct: Video		Videos
	521	560	34 TLC	Toddlers & Tiaras (N) (CC)		Jon & Kate	Jon & Kate	17 Kids-Count	17 Kids-Count	Toddlers & Tiaras (CC)		Face-Marlie
	616	522	39 SHO	The Outer Limits (CC)		Mutant X "Meaning of Death"		Testees (CC)	Trailer Park	The L Word (N) (CC)		House (CC)
	620	523	40 BVO	Manilow	Dick Dale	Law & Order "Foul Play"		Without a Trace "Blood Out"		Me Myself I ★★ (1999) Rachel Griffiths. (CC)		
	601	562	41 SLC	End of Leash	End of Leash	ET Canada	Matchmaker	Trinny and Susannah Undress		Trading Spouses		Biggest Loser
	520	505	42 DIS	Extreme Loggers (N) (CC)		Daily Planet (CC)		Destroyed	Time Warp	Extreme Loggers (CC)		How It's Made
	522	506	44 HIS	NCIS "The Immortals" (CC)		Ultimate Engineering (CC)		Ax Men "The Big Hit" (CC)		NCIS "The Immortals" (CC)		Re-Inventors
	627	528	45 SPC	Destination Truth (N) (CC)		Stargate SG-1 (CC)		Star Trek: Next Gener.		Star Trek: Voyager (CC)		Star Trek: Ent.
	294	650	47 TBS	The Office	The Office	10 Items-Less	Sex and-City	Sex and-City	Scary Movie 3 ★★ (2003) (PA) Anna Faris.			10 Items-Less
	619	525	48 TROP	Planet Soap	Big Screen	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	603	561	52 FN	Good Eats	Good Eats	Iron Chef America (CC)		Challenge (CC)		The F Word		Good Eats
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	S. Silverman	Flt.-Conchords	Daily Show
	320	621	60 CEN	(6:25) Kaw (2007, Horror) (CC)		The Boy Next Door (2008, Suspense) (N) (CC)		P.S. I Love You ★★ (2007) Hilary Swank, Gerard Butler. (CC)				
	581	566	101 MTV	From G's to Gents Dressing.		MTV Live	After	The Girls of Hedsor Hall		From G's to Gents Dressing.		MTV Live
	261	394	102 V	I Prophesy	Supernatural	Poltergeist: The Legacy		Doc Hollywood ★★★ (1991) Michael J. Fox. (CC)				Paid Program
	-	-	109 MUL	Eight Heroes	Mom's-Upset	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics' corner

The Mentalist
Rich people have dirty little secrets — imagine that! A country club's "queen bee" is fatally poisoned during a cocktail party at her home. As Patrick (Simon Baker) and his colleagues investigate, they dig up all kinds of unsavory information about the community, much of it involving sex and drugs. What, no rock 'n' roll? Robin Tunney and Tim Kang also star in the new episode "Scarlett Fever." 9 PM on CBS

Colin & Justin's Home Heist
No, they're not really going to steal your home; unless it's a mobile, that's hard to do, anyway. In this series, the Scottish duo criss-crosses Canada, looking for homes that have been butchered by bad taste. Once found, they have seven days to do a design overhaul. In this episode, cheekily titled "Faux-get About It," they help a couple who think their home's decor says "style," although it inspires other words in Colin and Justin, like "Huh?" 7 PM on H&G

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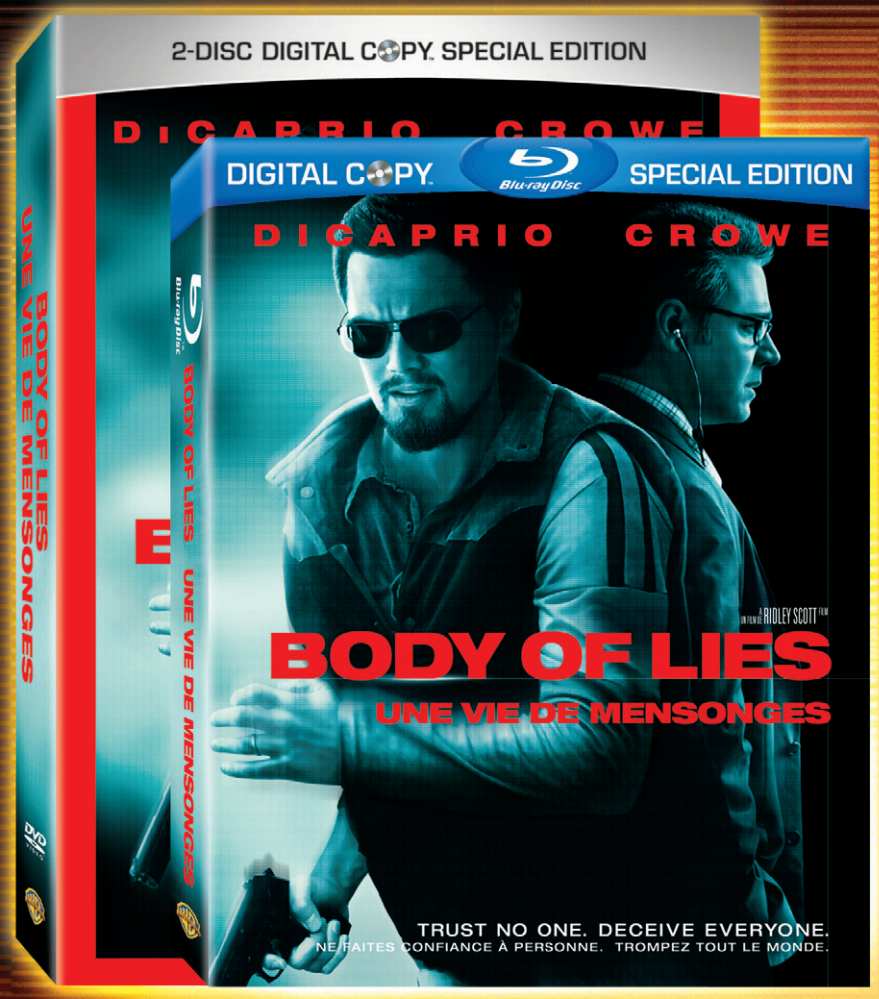

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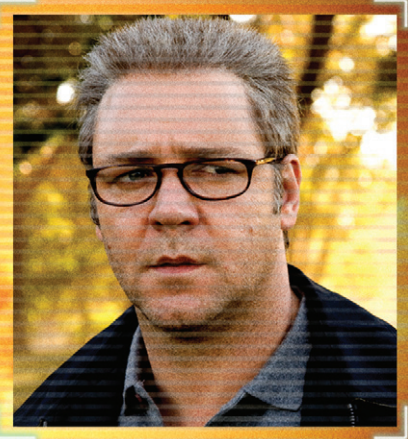

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Is Heidi too heavy?

Proving once again how tough the fashion world is, a German designer has deemed Heidi Klum too fat, declaring she's "no runway model." "She is simply too heavy and has too big a bust," Wolfgang Joop told Bild magazine. METRO NEWS SERVICES

Celebrity Buzz

Jessica keeps ripping her pants onstage

FASHION Jessica Simpson has ripped her pants "every time" she's performed at Madison Square Garden, femalefirst.co.uk reports. The singer has now taken to wearing a "skort" to prevent the embarrassing problem happening again.

Speaking ahead of a show in New York show last week, Jessica said: "Every time I've performed at Madison Square Garden, my pants have completely ripped in half.

"I decided to wear a little 'skort' — not a skirt, but some shorts just so they wouldn't split."

METRO NEWS SERVICES

Beyoncé isn't much fun when she drinks

SOCIALIZING Beyoncé says she doesn't usually drink a lot because she's a boring drunk. "When I'm drunk, I'm very quiet and I observe and I go to sleep," the singer said, according to China Daily. "I don't think I'm much fun." She went on to say that she's never felt peer pressure to pursue other substances. "I've never seen a person who was high and thought, 'Wow, I want to do that!' I'm like, 'That's cool for them, but no thank you. I'll just have my wine.'"

METRO NEWS SERVICES

Winehouse gets taken to hospital

ILLNESS While continuing her vacation in St. Lucia, troubled singer Amy Winehouse was quietly rushed to the hospital over the weekend. "She looked a shaking mess," a witness tells the Sun. "The people with her were very concerned." Amy's spokesman has confirmed she received treatment after running out of a drug replacement she'd been using.

METRO NEWS SERVICES

Not just a bromance: Downey Jr.

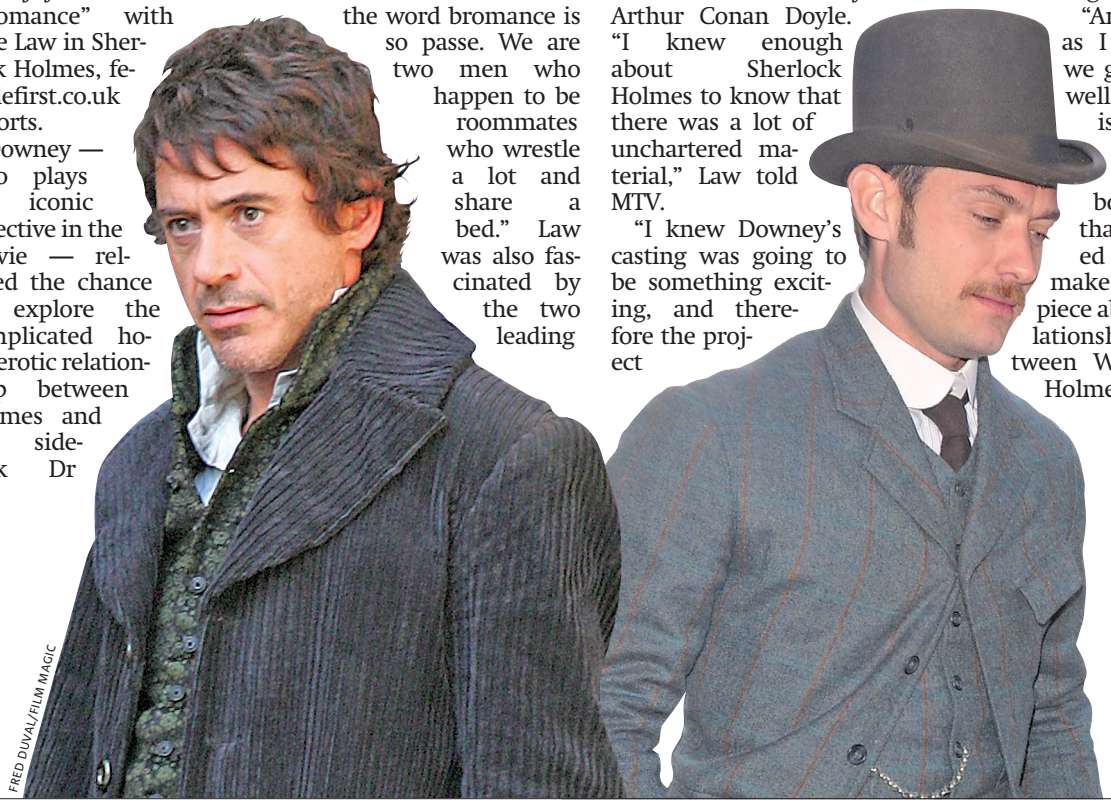
ONSCREEN Robert Downey Jr. enjoyed his onscreen "bromance" with Jude Law in Sherlock Holmes, femalefirst.co.uk reports.

Downey — who plays the iconic detective in the movie — relished the chance to explore the complicated homoerotic relationship between Holmes and his sidekick Dr Watson, played by the Alfie star. He said: "I think the word bromance is so passe. We are two men who happen to be roommates who wrestle a lot and share a bed." Law was also fascinated by the two leading men in the film, which is based on the stories by Sir Arthur Conan Doyle. "I knew enough about Sherlock Holmes to know that there was a lot of unchartered material," Law told MTV.

"I knew Downey's casting was going to be something exciting, and therefore the project was going to be something exciting.

"And as soon as I met him, we got on very well — which is a good sign — and we both agreed that we wanted to really make this a piece about the relationship between Watson and Holmes."

METRO NEWS SERVICES



FRED DUVAL/FILM MAGIC

Katie's just got a great metabolism

IMAGE Katie Holmes claims her recent slimming down is just the result of a hectic schedule and her powerful metabolism. "My metabolism was in full gear the whole time," the actress, who just completed a run in All My Sons on Broadway, said, according to the Boston Globe.

"I lose weight fast when I'm working so hard. It doesn't matter how much I eat, I just get thin. It's not the worst problem in the world to have though, is it?"

METRO NEWS SERVICES

Miley's parents tell her she's not allowed to get her own place

FAMILY Miley Cyrus' parents have banned her from moving out, femalefirst.co.uk reports. The 16-year-old star reportedly believes she is mature enough to get her own place and live with her best friend Mandy Jiroux, but her dad Billy Ray Cyrus doesn't agree.

A source said: "Miley's parents feel, that if anything, she has already got more freedom than is good for her."

However, the Hannah Montana star is determined to convince her parents to change their minds and isn't ready to give up on the idea of leaving home.

The source added to the National Enquirer magazine: "Miley knows that the next time she asks, it will come as less of a shock. She plans to wear her mom and dad down. She is itching for freedom and hopes to be under her own roof well before she turns 18."

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

If Leo wants to marry his girlfriend, he'll have to convert to Judaism

MARRIAGE Leonardo DiCaprio must convert to Judaism if he wants to marry Bar Rafaeli, femalefirst.co.uk reports. The Israeli-born supermodel's father, Rafael Rafaeli, has reportedly forbidden Bar from marrying outside her faith, the website adds.

A source said to the New York Daily News newspaper: "He told me that if Leonardo doesn't convert to Judaism, there will be no marriage."

The Revolutionary Road actor, who has been dating 23-year-old Rafaeli since 2005, recently revealed he wants to wed.

DiCaprio, 34, said: "I absolutely believe in marriage. In saying that I realize I am contradicting everything I've said before. Yes, I want to get married and have children."

But if he does pop the question, DiCaprio won't tell anyone about it — he is notoriously secretive about his private life, something he claims is essential to his career, the website notes.

METRO NEWS SERVICES

It would be 'difficult' to play in L.A. again, says Beckham

MOVING David Beckham says life would be "difficult" should he be forced to return to play in Los Angeles, people.com reports.

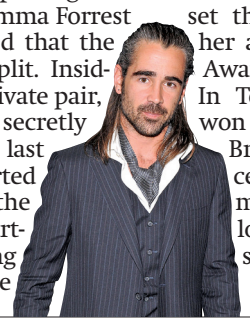
The 33-year-old soccer hunk — on loan from the LA Galaxy to Italy's AC Milan — has already made clear his desire to continue playing the European circuit.

But on Sunday, Beckham confessed that a return to Los Angeles would be awkward. "I've said I want to stay here, and if I do go back then it will be a bit difficult, but we'll have to wait and see what happens," Beckham told reporters after his AC Milan team was beaten by local rivals Inter Milan, 2-1.

METRO NEWS SERVICES

Colin has split with girlfriend

RELATIONSHIPS In Touch Weekly is reporting Colin Farrell's ex Emma Forrest has confirmed that the couple has split. Insiders say the private pair, who began secretly dating early last year, parted ways when the Irish star started slighting his beau. "He would not introduce her to his family. She was also upset that he didn't thank her at the Golden Globe Awards," the insider tells In Touch. When Farrell won for his role in In Bruges at the Jan. 11 ceremony, he didn't mention his longtime love in the acceptance speech.



METRO NEWS SERVICES

Madonna's boy toy may be a PR stunt

DATING Insiders claim that Madonna's very public relationship with 22-year-old Brazilian model Jesus Luz is nothing more than an elaborate publicity stunt meant to drum up attention for her tour. "It's a classic Madge publicity stunt but suits both parties well," a source tells the Mirror. "Despite her advancing years, she looks like she's still got what it takes to pull a 22-year-old. And Jesus is getting a boost of publicity as well."

METRO NEWS SERVICES

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Thursday Partly cloudy 8°/ 1°

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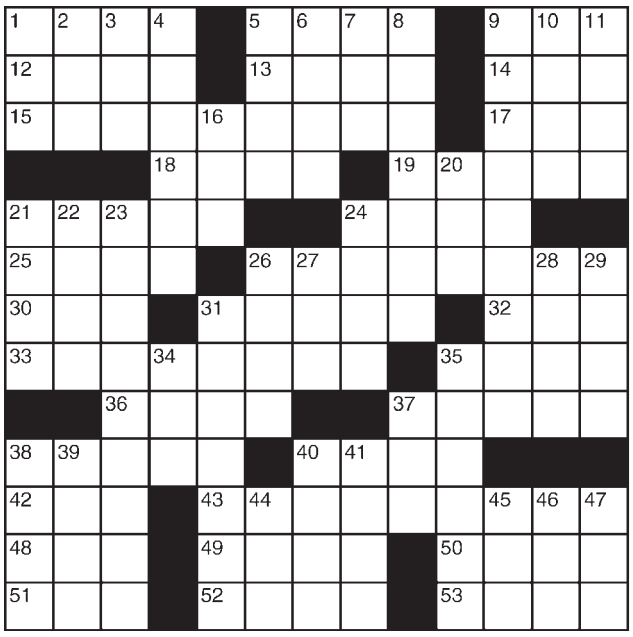
Take Five



Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		7			6	1		
	3		1	4			8	
8		1	2			6		9
7				2		9	4	
	1		9		4		5	
	5	9		8				1
3		4			2	8		5
	6			9	5		7	
		5	4			3		

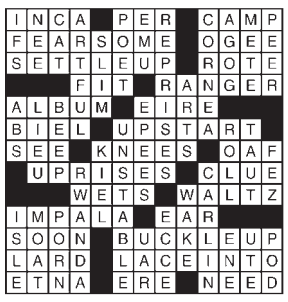
Crossword across

1 Fishing spear
5 Impale
9 Supreme Being
12 Hodgepodge
13 Met melody
14 Anger
15 April paperwork
17 "Do the Right Thing" director
18 Elbow counterpart
19 Private instructor
21 Fathered
24 Relaxation
25 Took care of weeds
26 PC peripheral
30 Lamb's dam
31 Anna of "Scary Movie"
32 Coll. transcript stat
33 Dadaism pioneer
35 Existed
36 Pub orders
37 Bygone
38 Greedy cry
40 Highly rated
42 Blackbird
43 Speak eloquently
48 Heavy weight
49 Neighborhood
50 Hemingway nickname
51 Hydrocarbon suffix
52 Scream
53 Location

Crossword down

1 Understood
2 Carte lead-in
3 Repair
4 Like a snake's tongue
5 Fill to excess
6 Verifiable
7 Atmosphere
8 Small chickens
9 Of the best quality
10 Sandwich treat
11 Antelope's playmate
16 Conclusion
20 GIs' entertainment org.
21 Son of Noah
22 Hawkeyes' home
23 Double-check
24 Egress
26 Bleacherites
27 MGM motto start
28 Foil's kin
29 "Death in Venice" author
31 Big road
34 Shade source
35 Censors, in a way
37 Yoko of music
38 Fence opening
39 A party to
40 Skating jump
41 October birthstone
44 100 square meters
45 Spigot
46 Nasdaq debut
47 Heathcliff, for one

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



2	3	5	1	8	9	6	4	7
7	4	8	5	6	3	9	2	1
9	1	6	2	4	7	8	5	3
5	6	7	9	1	4	2	3	8
1	2	9	7	3	8	4	6	5
3	8	4	6	2	5	1	7	9
8	7	2	4	5	1	3	9	6
6	9	3	8	7	2	5	1	4
4	5	1	3	9	6	7	8	2

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Turkey Cobb Salad Sandwiches

INGREDIENTS:
1/4 cup (50 ml) non-fat mayonnaise
1/4 cup (50 ml) blue cheese, crumbled
2 tbsp (25 ml) snipped fresh chives
4 slices lean bacon
1 small avocado
8 slices multigrain or sourdough bread, toasted
4 oz (125 g) watercress, tough stems trimmed
3/4 lb (375 g) fresh-roasted turkey breast slices
3 medium tomatoes, sliced
4 scallions, thinly sliced

METHOD:
1. Combine mayonnaise, blue cheese, and chives in small bowl.
2. Cook bacon in medium skillet over medium-high heat until crisp. Transfer to paper towels to drain, then tear into small pieces. Pit, peel, and thinly slice avocado.
3. Spread blue cheese mixture evenly on bread. Layer 4 slices with watercress, turkey, tomatoes, scallions, avocado, and bacon. Top with remaining bread, and cut sandwiches diagonally in half.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
You're right to refuse to deal in a sordid situation. The truth is found in your financial documents. A trickster quickly does some damage control.

TAURUS
APRIL 21-MAY 21
Coming events are casting their shadows. A high-impact performance will take place at night. Sympathetic action defuses your bad mood.

GEMINI
MAY 22-JUNE 21
Be aloof when a friend is challenged in a dangerous dispute. You need to find peacefulness. Anxiety about adversity will just roll away.

CANCER
JUNE 22-JULY 22
A man has a noteworthy answer to an emotional investigator. Refuse to worry about a complainer. You'll regret ignoring the money coming in.

LEO
JULY 23-AUG 23
Move quickly when a relative needs your attention. An optimistic chat results from an encounter. A fearless man won't let flattery go to your head.

VIRGO
AUG 24-SEPT 22
A heavy-handed hustler is caught telling lies. Nobody knows what to do after a battle. You'll be a determined challenger when you take charge.

LIBRA
SEPT 23-OCT 23
A busybody fears telling you bad news. Count on an important person stepping in when people go wild. Try not to displease a pretentious simpleton.

SCORPIO
OCT 24-NOV 22
Be silent when someone is gossiping. A devoted friend won't reveal damaging information. There's a brilliant way to please an attractive person.

SAGITTARIUS
NOV 23-DEC 21
Laughter erupts when you're with friends. A self-centred friend won't understand you. Protest the stupid mistakes of the day at dinnertime.

CAPRICORN
DEC 22-JAN 20
The perfect solution to an uncertain situation torments someone. Noisy people fatigue you. Anxiety is due to psychosomatic wounds.

AQUARIUS
JAN 21-FEB 18
An outrageous friend knows the way to a better future. You'll feel tired of making decisions. A family member causes anxiety by not calling in.

PISCES
FEB 19-MARCH 20
Someone walks out in disgust after a crucial decision is made. A contract will have to be revised. A lover avoids making a terrible mistake.

WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Those people's taxi charge (1)
2. Daredevil feat of actress Helen (1)
3. Buffalo NFL team's talents (1)
4. 3-legged stand for an MP3 player (2)
5. Abridge "Age of Innocence"'s Edith (2)
6. ABC newswoman Diane's attorneys (2)
7. Sadness and lack of hope from being jilted (3)

ANSWERS
1. THEIR FARE 2. HUNT STUNT 3. BILLS SKILLS 4. IPOD TRIPOD 5. SHORTEN WHARTON 6. SAWYERS LAWYERS 7. REJECTION DEJECTION

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This day in history

FEB. 17, 1753: Feb. 17 is followed by March 1 as Sweden moves from the Julian calendar to the Gregorian calendar.
FEB. 17, 1801: An electoral tie between Thomas Jefferson and Aaron Burr is resolved when Jefferson is elected President of the United States and Burr Vice President by the United States House of Representatives.
FEB. 17, 1936: The world's first superhero, The Phantom, makes his first appearance in comics.
FEB. 17, 1972: Sales of the Volkswagen Beetle model exceed those of Ford Model-T.
FEB. 17, 2008: Kosovo declares independence from Serbia.

METRO NEWS SERVICES

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2748 Rupert St.

1 - 525 Seymour St.

150 - 625 Howe St.

105 - 950 West Broadway

1707 Robson St.

1092 Kingsway

10 - 3490 Kingsway

Burnaby

Brentwood Mall

Crystal Square

Lougheed Mall

Metrotown/Metropolis

214B - 4501 North Rd.

4711 Kingsway

7531 Market Crossing

111 - 3823 Henning Dr.

204B - 3430 Brighton Ave.

Coquitlam

Coquitlam Centre

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5 - 3000 Lougheed Hwy.

2700B Barnet Hwy.

22 - 2988 Glen Dr.

2 - 901 Lougheed Hwy.

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Royal City Centre

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Capilano Mall

127 - 1199 Lynn Valley Rd.

1295 Marine Dr.

1748 Lonsdale Ave.

1392 Main St.

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Admiralty Centre Mall

Ironwood Mall

Lansdowne Mall

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